

# JEWEL CITY

## FUN & FITNESS RIDE

Sunday May 18th 2014  
2nd Annual

Helmets are **required** on all rides

7:00 AM

### **Gear Grinder:**

Advanced 45 mile ride for those  
who like to sprint & climb \$50

9:00 AM

### **Fun & Fitness Ride:**

Moderate 25 mile ride  
for those who prefer a well  
rounded route \$35

10:30 AM

### **Ride and Glide:**

7 miles (relaxed family ride  
through Glendale) \$25

8 AM to 12 PM

### **Bicycle Skills & Safety Course**

Free

[http://www.active.com/framed/event\\_detail.cfm?event\\_id=2121792](http://www.active.com/framed/event_detail.cfm?event_id=2121792)

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Proceeds from the 2014  
event will benefit Glendale  
Youth Alliance, Homenetmen,  
and the Glendale YMCA.